



on your life?); Affect (How do you feel about that?); Trouble (What troubles you the most?); Handling (How are you handling that?); and Empathy (That must be very difficult for you).

In this updated edition, the authors have added a chapter on positive psychology.

The writing style is easy to read, with short chapters, multiple vignettes, and scientific evidence to support the book's concepts.

I practise family medicine half the time and cognitive psychotherapy for the other half, and I have recently introduced the BATHE method into my family practice encounters. Patients really enjoy it when I ask about their week (whether good or bad) and their lives. I have discovered things about them I would not otherwise know, and it is more fun for me.

There is an excellent chapter dedicated to special issues—challenging patients, grief, suicide, and teenagers. We are reminded that “you don't own the problem, the patient does.” This book is a classic in the family physician literature.

—Frank Foley MD

Dr Foley is a family physician practising in Toronto, Ont.

Fast facts: breast cancer

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OVERALL RATING Very good
STRENGTHS A thoughtful,
thorough overview of breast
cancer, from prevention
to diagnosis, treatment to
supportive care
WEAKNESSES Limited
diagnostic algorithms
AUDIENCE Family physicians,
nurses, and allied health
professionals caring for
women with breast cancer

Fast Facts: Breast Cancer is a thorough overview of breast cancer written by 2 experienced clinicians who have both contributed much to the field. The book has an excellent introduction followed by thoughtful discussion of the pathophysiology of this complex disease, and includes a superbly presented and updated evidence-based discussion of the current opinion on adjuvant hormonal therapy.

The absolute risk of breast cancer for various groups is clearly presented, as is the usefulness of risk-reduction strategies. Suggestions for the management of symptoms of advanced cancer patients, such as pain, anemia, hypercalcemia, and others, are included.

Where this book falls short is in the presentation of the various algorithms that inform clinicians of the management of symptoms suggestive



of breast cancer. For example, the book advises that all patients presenting with a lump be referred directly to an oncologist, without any further investigation. There is no differentiation between patients who present with a spontaneous nipple discharge and patients with a discharge elicited only by squeezing. Enhancements in these diagnostic algorithms would allow better use of limited surgical oncology resources and would encourage earlier diagnosis of those patients with features suggestive of breast cancer.

Nonetheless, the book is a good read, with excellent illustrations, clear messages, and many helpful tips. The book introduces the reader to the evidence-based tool “Adjuvant! Online” (www.adjuvantonline.com) and provides good descriptions and illustrations explaining reconstructive options postmastectomy.

Well priced at \$23.50, this book is a good reference to have on hand when a patient with a family history of breast cancer wants to know the likelihood of being diagnosed in the next 10 years, or when your postmenopausal patient with a recent breast cancer diagnosis wants your opinion on the best choice of aromatase inhibitor.

—Ruth Heisey MD CCFP FCFP

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